

# A Societal Circle of Abuse and how we may stop it

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31/05/2023

Warning: this text is about abuse and rape. So if you do not wish to read about this, feel free to read something else, thank you.

Aside from studying humane sciences in high-school, I'm not an expert when it comes to abuse. However my idea might help the world, so here it is:

## 1. Intro

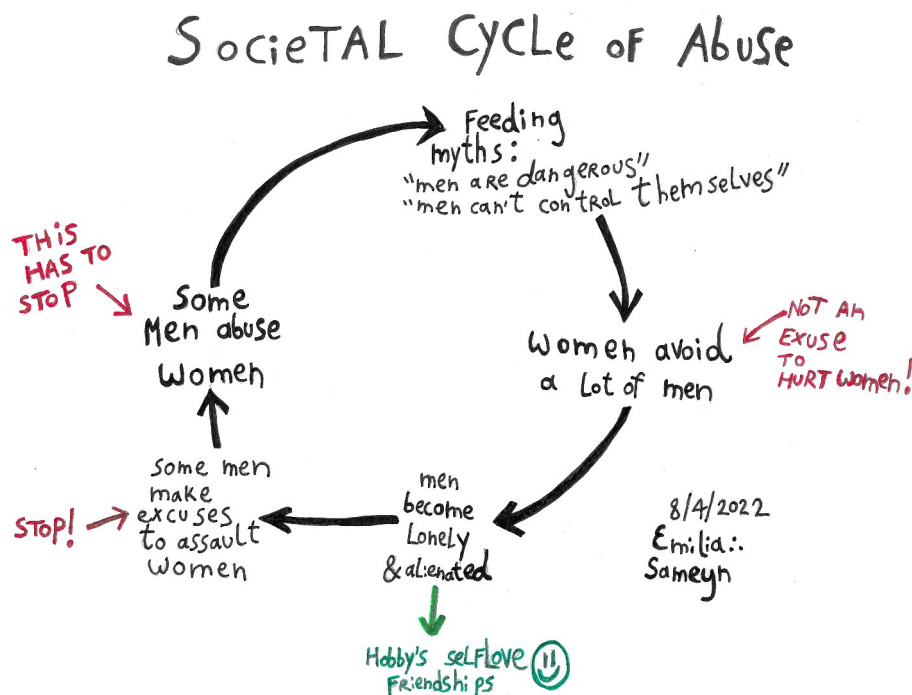
We live in a weird reality, where sadly, some women and men become abused. It's one of those unfortunate, disturbing facts of life that these things happen. The fault, of course, always lies with the perpetrator whom are often male. Then, online and in real life, men complain about being lonely and alienated. Some even complain about being discriminated. Others, very bizarrely say weird things like "*rape isn't real*" and "*women should get over it*".

On the other hand we do live in an alienated individual world. We spent a lot of time inside, in front of screens. For some reason it is strange to talk to other people in public. While, as long as the other people don't mind it, it should be okay.

So, eventually I realized, these things might be connected, they perhaps form:  
The Societal Circle of Abuse  
And maybe we can break it.

## 2. The Aspects of the Circle

The circle goes as follows:



### 2.1. Some men abuse women

So as stated earlier, it is a disturbing phenomenon, that sadly happens.

The statistics about rape are very unsettling, to say the least. Although, each source varies about the statistics, these are some alarming numbers I found:

- 1 in 5 women were abused.
- 1 in 4 men have experienced some form of sexual abuse.
- 1 in 16 men are rapist, some studies even go as high as 1 in 7 men....

If that isn't unsettling I don't know what is.

It is important to note that sexual abuse often happens by acquaintances (8 out of 10) and less often by random strangers. When it comes to children, 34% of them were abused by family.

Sources:

<https://www.nsvrc.org/statistics>

<https://wearawhitefeather.wordpress.com/survivors/rape-culture-statistics/>

<https://www.rainn.org/statistics/victims-sexual-violence>

<https://www.rainn.org/statistics/perpetrators-sexual-violence>

### 2.2. This feeds myths about men:

Sadly this leads to myths like "*All men are dangerous.*" and "*All men can't control themselves.*"

It also leads to hypervigilance, which is understandable. Strangers are seen as dangerous.

### 2.3. Women avoid a lot of men.

These myths lead to a lot of women avoiding men (or at least most men).

Talking to other people in public is seen as 'creepy' while there is nothing wrong with speaking to other people. As long as the other people are okay with it.

### 2.4. Men become lonely and alienated.

Because of this all men are held under some sort of scrutiny. Every man that is a bit weird is seen as a potential danger. It is hard for men to find connection. Some men even feel prosecuted.

This may isolate men and increase loneliness, and lead them into dark internet rabbit-holes like the 'incel movement'.

### 2.5. Some men make excuses to assault women.

This leads to some men making excuses to assault women. Some believe that if they cannot have sex they will become out of control rapists or depressed. Then there are bizarre excuses like "*rape isn't real*" and "*women should get over rape*", ect....

### 2.6. Some men abuse women.

Loneliness, dark internet rabbit holes and/or these excuses could lead to some men committing crimes like rape.

## **3. How we may stop it**

Well first of all, sex education is important and it is great this is getting taught at school (at least in Belgium, where I'm from). In schools, children should learn about sexual abuse, what it is, how to recognize it, how to prevent it and what to do when it happened (report it to the police).

Children should learn about coping with loneliness. They should learn that it is okay to feel lonely, and there is nothing shameful about being alone, and so on. For example there is nothing wrong with being a 30, 40 or 80 year old virgin, and they could be perfectly happy.

Coping mechanisms to deal with loneliness can be taught: finding friends or love, going outside, focussing on hobbies, hugging a pillow, having a pet, ect.... Children should also be taught about the dangers of the internet. They can learn about dangerous internet rabbit-holes like the incel movement and about the myths surrounding rape and abuse.

Not only children should be taught all the above, adults as well. There could be one day to three days for every three or five years where all workplaces will do lectures and perhaps workshops about proper work-environment behaviour and consent but also lectures/workshops about what to do when alone or feeling lonely.

I also think legalizing safe consensual sex-work can help against loneliness in our world, if just for a little bit, perhaps preventing rapes.

Further, everyone can benefit from a society that fosters connection through community centres, talk groups, public spaces, hobby groups, workshops, ect....